

Important Dates for 2010 Lifeguards

CPR/AED for the Professional Rescuer: approximately 7 hours

(equivalent to Basic Life Support or BLS) Recommended for individuals with a professional duty to respond to emergencies. Participants will review basic CPR skills and learn two-rescuer CPR along with AED, advanced airway management, use of resuscitation mask, how to handle special resuscitation and the community approach to reducing injury and deaths.

Certificate upon successful completion: CPR for the Professional Rescuer (valid for 1 year)

Lifeguard Training: approximately 25 hours

This course teaches potential lifeguards skills and knowledge to prevent and respond to aquatic emergencies.

PREREQUISITES:

- + 15 years of age
- + swim 500 yards continuously using crawl, breast, sidestroke for 100 yards each, stroke of your choice 200 yards
- + Surface dive to a minimum of 7 feet and retrieve a 10 pound brick
- + Tread water for 2 minutes using legs only.

To receive certification, individuals must pass 2 written exams with at least 80% accuracy, demonstrate competency in all critical skills and successfully complete two final skill scenarios.

Certificates upon successful completion: First Aid (valid for 3 years); Lifeguarding (valid for 3 years)

TO REGISTER OR GET MORE INFORMATION, PLEASE CALL 559-621-6600.

Class Schedule

(Additional classes may be scheduled as needed)

CPR-PR Recertification \$50

- **April 17th 9am-2pm** @ Mosqueda Community Center
- **May 1st 9am-2pm** @ Mosqueda Community Center

Lifeguard Recertification \$90

- **May 8th 9am-5pm** @ Airways Swimming Pool

CPR-PR Certification \$50

- **April 19th & 21st 5pm-9pm** @ Mosqueda Community Center (Required attendance for both days)
- **April 26th & 28th 5pm-9pm** @ Mosqueda Community Center (Required attendance for both days)
- **May 3rd & 5th 5pm-9pm** @ Mosqueda Community Center (Required attendance for both days)
- **May 17th & 19th 5pm- 9pm** @ Mosqueda Community Center (Required attendance for both days)

Lifeguard Certification \$90

- **May 14th 5-9pm , 15th & 16th 9am-5pm** @ Airways Swimming Pool (Required attendance for all 3 days)
- **May 28th 5-9pm, 29th & 30th 9am-5pm** @ Airways Swimming Pool (Required attendance for all 3 days)